

Newsletter February 2026

**Suicide Prevention
Scotland.**

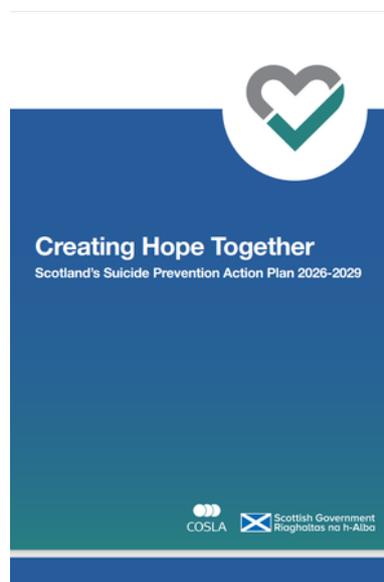
Working to deliver Creating Hope Together

Welcome to the February 2026 edition of the Suicide Prevention Scotland newsletter.

This newsletter is a way of keeping the Suicide Prevention Scotland Network up to date with progress on implementation of the national suicide prevention strategy and also any other relevant information.

Please share this newsletter with others. If you've been forwarded the newsletter and would like to sign up to receive it directly please complete the form [here](#).

If there is anything you would like to see included in future editions or a contribution you'd like to make, please let us know via email:
phs.suicidepreventionteam@phs.scot



In Scotland our work to prevent suicide is guided by the Creating Hope Together Strategy and Action Plan, you can click on the documents to the left to find out more.



Welcome

Welcome to our first 2026 newsletter!

We've started the year in the same way we ended 2025, with lots of work taking place. Much of the work is highlighted in this newsletter including the launch of the second action plan for Creating Hope Together. We are now working on developing the first year delivery plan which will come into effect from April 2026 and are looking forward to connecting with more people and organisations to help deliver the outcomes set out in the strategy.

We also held our third Gathering Hope event at the end of January. I will admit that the events across the world sometimes really get to me, the constant media narrative seems so negative and to be about how people feel the need to vilify others and treat them badly. Gathering Hope came at a good time, a wee reminder that we might not see much of it in the media, but there are far more people doing good in the world. The room was full of people providing Time, Space and Compassion in their day to day work and they brought it into the Barracks in Stirling too, supporting and connecting with each other and providing much needed balance and hugs.

The opportunities to have people and organisations coming together to learn and network are a key part of growing our Suicide Prevention Scotland community. We're holding regional in person network events throughout March and will soon be advertising our national annual conference which will be held on the 27th May on the theme of 'Growing capacity for hope through action'. I'm looking forward to connecting with many more people doing great work through these events.

Thank you for all you do to help prevent suicide in Scotland

Haylis



Haylis Smith
National Delivery Lead



National Updates

New Suicide Prevention action plan for 2026-29 launched

In January, The Scottish Government and COSLA published the Creating Hope Together **action plan for 2026-29**.

It builds on the first three years of Scotland's suicide prevention strategy, and is based around four key strategic outcomes:

- Creating a safer environment to prevent suicide
- Understanding suicide and tackling stigma
- Ensuring people affected by suicide can access support
- Collaboration in a way that draws on evidence and lived experience

Watch our animation to learn more: <https://www.youtube.com/watch?v=uT56xHsBOzs>

The Scottish Government has also confirmed an annual funding increase from £2.8m to £3m.

The news was revealed as Minister for Social Care and Mental Health Tom Arthur and COSLA health and social care spokesperson Cllr Paul Kelly visited S.M.I.L.E Counselling, a mental health support charity for 11-24 year olds in West Lothian.

The increased budget will allow us to focus on tackling the stigma of suicide, encouraging people to seek help, and providing a range of support for people affected by suicide," said Mr Arthur.

"The new plan is focused on prevention, early intervention and reaching those who need support most, including young people and those impacted by social inequalities, stigma and discrimination.

Cllr Kelly adds: "Suicide Prevention cannot be achieved by working in silos. We need to work across government – local and national – and with our communities to address the complex factors involved in creating conditions that can increase suicide risk, as well as harnessing those that promote better mental wellbeing."



"This new action plan is informed by learning from both national and local delivery and emerging practice.

"It builds on the ambition and achievements of the previous plan, accelerating progress towards our shared vision: that everyone in Scotland can access the right support at the right time."

Watch the full interview here: <https://www.youtube.com/watch?v=pyVjY0d2jsg>

Full article: <https://www.suicideprevention.scot/articles/new-action-plan-for-2026-29-launched>

Suicide Prevention Scotland resource directory and events calendar

Following development and extensive user testing the resource directory and events calendar sections will soon be live on www.suicideprevention.scot, with thanks to everyone involved whose input has helped us get to this stage.

Resource directory:

This allows users to search for suicide prevention resources by name and category. For example, you can locate a specific document such as the *Samaritans Media Guidelines for Reporting Suicides*, or browse all resources by category, for example 'policy and practice', or 'research'.

No registration is required as the resources are already in the public domain, however you should now be able to find what you need in one location. The directory will be under the 'I work in suicide prevention' section of the website, and we hope it will help you in your work. [I work in suicide prevention - Suicide Prevention Scotland.](#)

In the coming weeks we will be working to add more resources. If you are aware of anything that would be useful to include please let us know.

Toolkit in focus: Action Plan Development



This edition of the newsletter, we are pleased to share more about the **Action Plan Development** section of the **Local Suicide Prevention Planning and Implementation Toolkit**, as we know many areas are now looking to refresh or update their local action plans. We've written this section to be a practical, user-friendly guide designed to support local areas in shaping effective, compassionate, and realistic suicide prevention action plans. Whether you're new to this work or refreshing an existing plan, this resource offers clear steps and helpful insights to move from ideas into action.

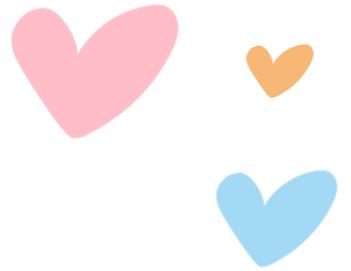
At its heart, this toolkit section walks you through the core components of developing a local action plan: from understanding your community's needs, to carrying out a thoughtful needs assessment, to deciding which activities will make the biggest difference locally. It also includes practical examples from across Scotland - so you're not starting from scratch, but building on approaches that have worked elsewhere.

This practice example from West Lothian highlights consultation and engagement on their suicide prevention action plan. To make sure the plan genuinely reflected local needs, the West Lothian Suicide Prevention Leadership Group (WLSPLG) put consultation front and centre. They designed a practical, two-stage approach that fitted the time and resources available. All the feedback was pulled together, common themes were identified, and the insights were used to shape clear, practical actions that aligned with the plan's aims. The group also reflected on what worked well in the consultation and what could be improved next time. A summary of findings and recommendations was shared with everyone involved, showing how their input influenced the final plan.

Each area is unique, and the Action Plan Development resource recognises that. It helps you consult with partners, prioritise actions, and tailor your approach to ensure it truly reflects local realities – which the **Governance and Collaboration** section of our toolkit also supports. And when it's time to evolve your work; whether because of new evidence, emerging needs, or leadership changes; the guide supports reviewing and refining your plan with confidence.



Breathing Space: inviting everyone to pause and connect



NHS 24's Breathing Space service continues to play an important role in Scotland's suicide prevention strategy by offering accessible, confidential support and promoting community-based initiatives that encourage people to pause, connect, and seek help. Providing free and confidential phone and webchat support for anyone in Scotland aged 16 and over, Breathing Space aims to make support easy to reach in everyday life.



Breathing Space Day, held annually on 1 February, invited everyone to pause and talk about mental wellbeing. The 2026 theme, **Open Air, Open Mind**, highlights the positive impact of spending even a little time outdoors. Simple acts like a short walk, noticing nature, or taking a few calming breaths can ease busy thoughts and make seeking support feel more manageable. **[Download the campaign toolkit here.](#)**



This ethos is also reflected in the Take Some Breathing Space bench initiative. In February 2026 the service celebrated its **100th bench at Stirling train station**, which now features a

QR code linking directly to NHS 24 mental health services for easy, discreet access to advice.

Starting with a single bench in Troon in 2018, the initiative now spans the country, made possible through partnerships with local authorities, charities, community groups, and organisations like Network Rail and Samaritans.

By creating spaces that invite reflection and connection, NHS 24's Breathing Space continues to help make conversations about mental wellbeing feel more natural and reaching out feel a little less daunting.



Children and Young People

Enabling Conversations Implementation Pack



In September 2025 the [Enabling Conversations Resource](#) was launched, a resource designed to support young people to seek a safe person to have a conversation with on the topic of suicide. It also holds a link for the safe person to support them with handling this initial disclosure. This was developed as we had heard from young people that a parent or a peer is often the first person young people approach when they want to speak about mental health and suicide. But for many this can be daunting, and for parents there is a great fear about getting it wrong. The resource was drafted with the voices of young people and the adults around them, and it was designed by V&A Dundee.

We know that local areas and organisations are interested in the resource and have started planning for how they can embed this in their action plans. To support with this an implementation pack has been developed, this alongside the full toolkit, in both colour and black and white. Scroll to the bottom of [this webpage](#) to download the pack.

Get involved: forums for those working with children and young people

The Local Children and Young People Suicide Prevention Workforce Forum is a bimonthly forum for people who are involved in coordinating/ planning suicide prevention activities in local areas so covers statutory and third sector. The sessions are themed, which is set by the members and have guest speakers and break out room discussions to facilitate the sharing of practice. [Get in touch](#) if you would like to join.



Children and Young People

The Participation Network, brings together practitioners working with young people with experience of suicidality, young people who have lost someone to suicide or young people who experience poor mental health. The sessions of the Participation Network follow the theme of what the Youth Advisory Group (YAG) have been working on, so members can hear what the YAG have voiced and share what they have heard from the young people they work with. Often there are guest speakers at the forum sharing policy work, academic insight or stories of practice. **[Get in touch](#)** to join the Participation Network.

Given the cross over there are times that these forums come together and many professionals sit across both groups. Members tend to self-select which meetings they attend given session themes and aims are advertised ahead of meetings taking place.

Elaine's story: Tomorrow doesn't always come

The experience of people with lived and living experience is key to shaping our work in suicide prevention. As part of Children & Young People's Mental Health Week, Elaine shared what her family's experience was like. The reality is that it was not good.

Elaine's daughter Olivia attended A&E and said she had a plan to end her life. She was told to return the following day. In the end Olivia spent eight separate periods in hospital, but despite the enormous love and support of her family, she died by suicide.

We believe in the principles of Time Space Compassion and know that they can be applied in every setting, regardless of any challenges. Find out more about how this approach can help using our **[Time Space Compassion resources](#)**.



Local Updates



Rollout of Suicide Contagion Training in Glasgow City

Suicide Contagion training aims to raise awareness of the multiagency approach to suicide prevention across Greater Glasgow and Clyde. It builds participants' understanding of suicide data, key contributing factors, and the influence of media on suicide risk, while highlighting the importance of responsible reporting and safe communication. Delivered at an 'Informed' level, the training supports partners to take a proactive role in reducing suicide risk across Glasgow City.

The training was developed by Health Improvement and, up until recently, was only available via the **Glasgow City Health Improvement Training Calendar**. Health Improvement are active representatives on the Glasgow City Suicide Prevention Partnership (GCSPP), along with a range of other partners working to reduce suicide rates across the city. The value of the training was recognised by members of the GCSPP, leading to its recent expansion beyond Health Improvement. The training has been shared with two additional GCSPP member organisations, Police Scotland and the University of Strathclyde, and is now being taken forward within their respective organisations.

Health Improvement, Police Scotland and the University of Strathclyde will continue to deliver Suicide Contagion training using a coordinated partnership model, supporting consistent messaging and shared learning across sectors. This approach to training delivery will be evaluated with a view to sharing any relevant learning. This work reflects a growing commitment to a collaborative, partnership-based approach to suicide prevention across Glasgow City.

Please contact **Rebecca.mccrory@nhs.scot** or **marykate.russell@nhs.scot** for further information.



From Lived Experience to Lasting Change: Strengthening Support After Suicide in Perth & Kinross

Ann Hunter, Suicide Bereavement Support Coordinator, Cruse Scotland

I came into the Suicide Bereavement Support Project in 2023, several years after losing a much loved family member to suicide. That lived experience has shaped both my motivation and my approach to this role. The project itself was commissioned by Perth and Kinross HSCP in 2022, with Cruse Scotland asked to lead work in Perth and Kinross to better understand and improve support for people bereaved by suicide. I worked closely with the Suicide Prevention Coordinator, Perth and Kinross throughout the project.

In the first year, I carried out an intensive scoping exercise to learn what support already existed and where people felt let down or overlooked. I spoke with individuals, families, professionals, and third sector organisations, listening to deeply personal experiences alongside professional insights. These conversations were humbling and reinforced how complex and isolating suicide bereavement can be. The findings and recommendations were presented to the Perth and Kinross Suicide Prevention Steering Group in May 2024 and led to an extension of the project, this felt like a strong vote of confidence in the work and in the voices shared.

The next phase focused on what mattered most: peerled support, meaningful training, and ensuring lived experience sits at the heart of suicide prevention work. Partnership working was key, with involvement from Perth and Kinross HSCP, The Neuk, The Lighthouse, The Stephen Lyon Organisation, Mindspace and the Scottish Recovery Network. I am particularly proud of the peerled bereavement support group delivered in early 2025. Hearing participants describe reduced isolation, and improved wellbeing reaffirmed the power of shared understanding and compassion.

Alongside this, we delivered Wave After Wave suicide bereavement training codesigned with people who have lived experience, reaching 71 staff across statutory and third sector services. Seeing this training contribute to a national rollout has been incredibly encouraging.

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The project has now come to an end, and there remains so much to do locally and nationally in suicide prevention and postvention support, but I feel more confident than I did 10 years ago that with the lived and living experience of the suicide community and our supporters, we will continue to give our all in our fight against preventing suicidal ideation and suicide loss.



Centre: Ann Hunter, Suicide Bereavement Support Coordinator, Cruse Scotland; Right: Susan Duncan, Suicide Prevention Coordinator, Perth and Kinross HSCP; Left: Sharon Thomas, Operations Manager, The Lighthouse

Chris Lamont – Chair Perth and Kinross Suicide Prevention Steering group

Throughout the last 2 and a half years, Ann has been an invaluable member of our local Suicide Prevention steering group. The Suicide Bereavement support role, which she undertook is an integral part of our local strategy and Ann's input into this cannot be over estimated. She has consistently provided expert advice, knowledge and support for those who have been bereaved through suicide and she will be very much missed in her role

I would like, on behalf of the steering group, to thank Ann for her passion and commitment regarding her work around those bereaved through suicide, and wish her all the best in the next chapter of her life.

'The Research Doesn't Finish Here': Community-Led Research Informing Action on Suicide Prevention for Asylum Seekers and Refugees



Rosemount Lifelong Learning took part in the Suicide Prevention Scotland funded Community-Led Action Research, with a focus on looking at how effective the support systems for asylum seekers and refugees are in addressing suicide prevention.



On Human Rights Day in December 2025, they brought together 24 partners from across Glasgow to explore the research findings, with insights generated directly from asylum seekers and refugees. The session created a powerful space for learning, with participants describing the research as insightful, important and deeply moving, highlighting how inequalities and daily challenges can heighten suicide risk.

Breakout discussions encouraged attendees to reflect on immediate actions organisations can take, as well as longer-term structural changes needed to ensure community voices meaningfully shape policy and decision-making. Many expressed that this felt like the start of something, prompting renewed commitment to embedding inclusion, dignity and human rights into their work. Feedback emphasised that “the research doesn't finish here,” with colleagues leaving motivated to share key messages, influence change and support efforts that reduce inequality and strengthen protective environments for asylum seekers and refugees.

Learn more about the project findings and how you could influence change [here](#).



'Healing Connections: Peer Support Informed by Living Experience in Ayrshire

Healing Connections is a peer-led support group delivered by Believe Ayrshire, informed by living experience of suicide bereavement. The group has been created specifically for individuals who have been bereaved by suicide and offers a safe, compassionate space where people can talk openly, or simply sit quietly, alongside others who understand the complexity and isolation that suicide loss can bring.

Running weekly from the Wallacetown Hub in Ayr, Healing Connections is built on the understanding that there is no "right way" to grieve and no timeline for loss. Whether a bereavement is recent or many years ago, participants are welcomed without pressure, judgement or expectation. Sessions are informal and centred around connection, shared understanding and creating a supportive environment, often beginning simply with a cup of tea.

HEALING CONNECTIONS
SUICIDE BEREAVEMENT SUPPORT
Holding hope, sharing love.

MEETINGS EVERY TUESDAY
6:30pm - 8:30pm

Please contact sharon@believeayrshire.co.uk
or on whatsapp at 07592 544 133 before your first appointment
Wallacetown Hub, 37 George Street, Ayr, KAB 0AH

If you have lost someone to suicide, feelings of isolation are common.
Please know that you do not need to navigate this loss alone,
we are here to support you, in a safe, confidential environment.

Believe
Ayrshire CIC
believeayrshire.co.uk

Healing connections brought us all together.
On cold winter nights, all kinds of weather.
Some to be told, others to be seen.
Remembering, local events to honour them.
A hot, a coffee, a chance for all to gather.
A special group, I told and strong.
All in agreement, there is no right, there is no wrong.
Something which we will all agree.
Change together forever, a life remade.

Alongside face-to-face support, Believe Ayrshire uses its social media platforms to share information, raise awareness and provide clear signposting to local and national support services. These platforms help extend the reach of support, reduce stigma around suicide and bereavement, and offer accessible information for individuals, families and professionals.

Healing Connections supports wider suicide prevention efforts by offering compassionate, community-based support to those at increased risk following bereavement, strengthening connection, resilience and hope.

<https://believeayrshire.org>

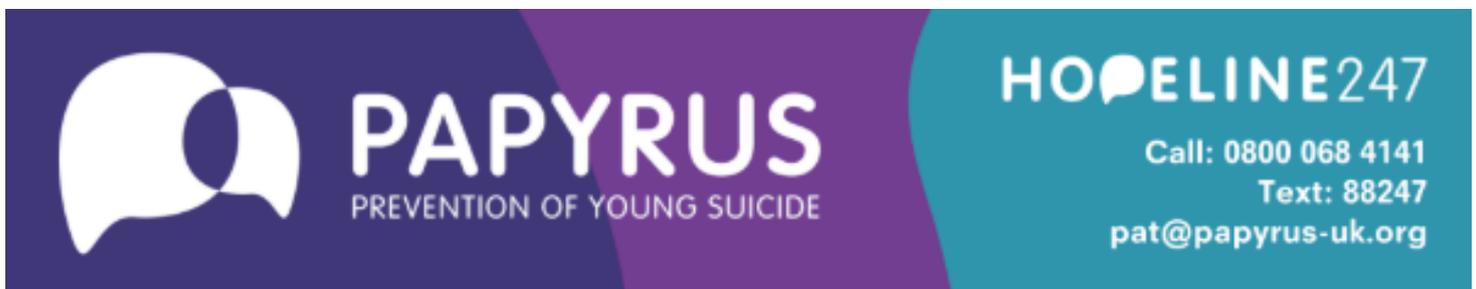
A Game-Changing Campaign: Sport Opening Doors to Life-Saving Support

On 10th September 2025, World Suicide Prevention Day, PAPYRUS Prevention of Young Suicide and Police Scotland launched the '**Suicide Awareness Through Sport**' campaign at Hampden Stadium.



In the three months following the campaign launch, Glasgow City saw a 62% increase in contacts to HOPELINE247 compared to the same period in 2024. This significantly outpaced the rest of Scotland, which saw a 19% increase over the same period. This differential suggests the campaign had a significant impact beyond the annual awareness boost typically associated with World Suicide Prevention Day.

The most notable finding relates to the gender of those making contact. Following the campaign, 57% of Glasgow contacts were male. Men account for approximately three-quarters of suicide deaths in the UK, yet consistently represent a minority of those seeking help through crisis services. The 2024 national data shows men made up only 35–40% of HOPELINE247 contacts.



The Suicide Prevention Through Sport campaign appears to have created a pathway for men to seek support. The shift from 14% to 57% male contacts represents not just a statistical change, but potentially life-saving connections being made.

Elsewhere across Scotland HOPELINE247 Scotland Impact Report 2024–2025 shows a 208% increase in service activity over the past three years, with growth in Scotland now three times higher than the UK average. The service is reaching young people at the right time, with an average age of 23.9.

The report highlights a strong link between **PAPYRUS's SPARK, SPOT and SPEAK suicide prevention training and service uptake**. Areas with higher levels of PAPYRUS training delivery consistently show higher contact rates to HOPELINE247, reinforcing the role of training in raising awareness, building confidence and reducing barriers to help-seeking.

Alongside this, PAPYRUS Scotland is preparing to deliver suicide prevention training across all secondary schools in North, South and East Ayrshire, thanks to a dedicated donation that specifically supports Scottish schools. This work will reach both staff and pupils, embedding early intervention, shared language and confidence to respond to suicidal distress within school communities.

For more information or to access the Scotland Impact Report contact [**scotland@papyrus-uk.org**](mailto:scotland@papyrus-uk.org)

The collective effort that brought The Low Road Screenings to the Northern Isles

Both Shetland and Orkney hosted impactful community screenings of *The Low Road*, each taking a slightly different approach but sharing the same goal: opening up meaningful conversations about suicide prevention.

In Shetland, the event centred on a single screening and a substantive hourlong Q&A. Supported by the Shetland Health Board Endowment Fund and several local partners, the screening took place at the 50-seat Peerie cinema, with Shetland Arts providing the venue free of charge. Tickets were released in mid-October and quickly sold out, boosted by local media coverage, including a Radio Shetland interview with the filmmaker, Stephen Mulhearn.

The Q&A that followed brought together representatives from local organisations such as Mind Your Head, Shetland Link-Up, UHI, RSPB, and Samaritans. The discussion created a powerful space for feedback, shared experiences and ideas for future activity. The success of the event has encouraged NHS Shetland and local partners to explore options for a full licence and a wider package of future screenings as part of ongoing suicide prevention work. Stephen Mulhearn later thanked the collaborative efforts in Shetland around the film screening.



In Orkney, NHS Orkney and Orkney Islands Council worked alongside the film's producers to deliver two screenings—one afternoon and one evening—to make the event accessible to both professionals and the wider community. Each showing included a panel discussion featuring producer Sophie Marsh, and John Gibson from the Canmore Trust, whose openness and insights into the film's creation helped deepen audience engagement.

Despite challenging winter weather and the biggest power cut to the Orkney Isles in a decade stopping the evening screening moments before it began, community spirit remained strong, and demand for a rescheduled event is already clear. Across both showings, 100 people braved wind, snow, and ice to attend. The organisers now have access to the film screening rights indefinitely and are working with local partners to build future activity around it.

The screenings strengthened local partnerships, amplified community voices and created momentum for continued use of *The Low Road* as a resource. Both areas are now exploring future screenings and ongoing collaborations, ensuring that the film continues to support suicide prevention conversations across the islands.

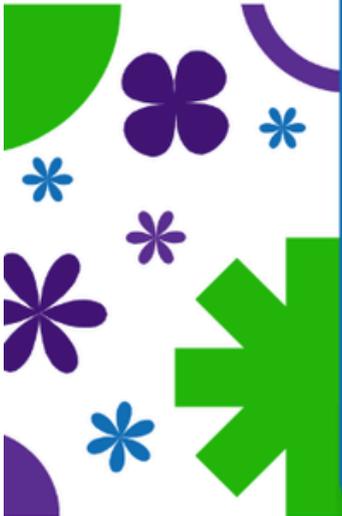
[The Low Road | Movie](#)

Step outside, reach in: expanding support in the West Highlands

Ewen's Room is a grassroots mental health and suicide-prevention charity based in Lochaber and the west Highlands.

Ewen's Room is launching a follow-on project to our January Walk & Talk festival: The Step Outside Project. **The Step Outside Project** is a 5-month hillwalking club designed to build confidence, connection and skills over time, and eventually feel more comfortable and capable in our local Scottish Hills. This project is aimed at everyone! Whether you have never worn hiking boots or a proficient walker – we welcome everyone! Every month there will be guided hike and a more gentle group walk, with opportunities to meet and walk together in between.

Ewen's Room is also able to offer counselling spaces to Lochaber-based people aged 18-30 impacted by gambling - either personally or through another significant person in their life. If you are aged over 30 and impacted by gambling there are other support options also available. Contact info@ewensroom.com for further information.



**Counselling
Appointments**

**AVAILABLE
NOW**

- Aged 30 and under?
- Impacted by Gambling, directly or through a loved one?
- In Lochaber?

Email: info@ewensroom.com

Would you like to get more involved with Ewen's Room? They are currently recruiting for new trustees. Find out more about this opportunity [here](#).



We need you!

Ewen's Room is looking for new Trustees

To apply, download the Recruitment Pack and fill in the application form at:
www.ewensroom.com/trustees-wanted

PROMOTING • EDUCATING • CONNECTING
Actively Improving Mental Wellbeing

The advertisement features a green banner at the top with the text 'We need you!' in white. Below this, the text 'Ewen's Room is looking for new Trustees' is written in a dark blue font. A blue box contains the application information. At the bottom, there is a logo for 'Ewen's Room' with the tagline 'Actively Improving Mental Wellbeing' and a list of activities: 'PROMOTING • EDUCATING • CONNECTING'. The background of the bottom section shows a person with a dog.

Health & Wellbeing Community Engagement Day

Saturday 14th March Burnhead Community Centre, Burnhead Street, Uddingston, Glasgow, G71 5AT 12pm-4pm

This open day is all about connection, support, and opportunity. Come along and speak face to face with local services and organisations that are available right here in your area. Whether you're looking for support, information, or just want to see what's out there, this is the perfect chance to explore what's on offer.

[Little Blue – Suicide Prevention.com](http://LittleBlue-SuicidePrevention.com)



LITTLE blue
SUICIDE PREVENTION LANARKSHIRE

HEALTH & WELLBEING COMMUNITY ENGAGEMENT DAY

SATURDAY 14TH MARCH 12.30-4PM
BURNHEAD COMMUNITY CENTRE

ICE CREAM VAN
TONYS CHIP VAN
BOUNCY CASTLE
FACE PAINTERS
WELLBEING GIFTS
INFORMATION STALLS
WELLBEING ACTIVITIES

EVERYONE IN THE COMMUNITY IS WELCOME -
EVENT IS FREE TO ATTEND!

[f](https://www.facebook.com/littleblue1519) [i](https://www.instagram.com/littleblue1519)
LITTLEBLUE1519@GMAIL.COM | LITTLEBLUESUICIDEPREVENTION.COM

The poster features a central graphic with two speech bubbles, one blue and one purple, containing abstract line art. Below the speech bubbles, the text 'LITTLE blue' is written in a mix of bold sans-serif and cursive fonts. The event details are listed in bold, uppercase letters. At the bottom, there are social media icons for Facebook and Instagram, and contact information. The background of the poster shows a person's hands holding a small object, with illustrations of people and activities like an ice cream van and a bouncy castle.

Training, events and opportunities to get involved



Coming soon: New events calendar to be launched at Suicide Prevention Scotland website

The events calendar which will be launching shortly allows website users to submit and see details of local or national suicide prevention events.

If you want to include an event on the calendar you can submit the details via the website, and a member of our admin team will add the details to the calendar and create an event page. You can choose whether your event is visible to everyone in a public-facing calendar, or only to those who work in suicide prevention.

You will be able to select if the event is a one off or recurring one, and include details of any booking links etc. You can also search the calendar and filter by event type. We hope this will make it easier for everyone to keep up to date with local and national suicide prevention events.

Approaches to suicide reviews in Scotland report and webinar

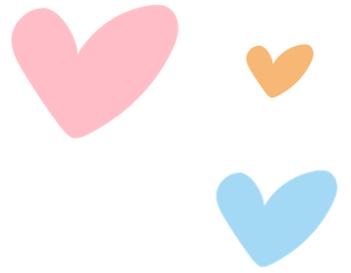
Public Health Scotland hosted a webinar on the 26th of February exploring approaches to suicide reviews in Scotland. The webinar shared the findings of a new report that explores different approaches to suicide reviews in Scotland.

During the webinar we highlighted:

- Current approaches to reviewing suicides in Scotland
- Interplay with other existing review processes which may also consider deaths by suicide
- Implementation of QES system to support suicide surveillance and reviews
- Practice examples of different approaches to suicide reviews, and an opportunity to discuss the recommendations provided in the report.

You can view a recording [here](#).





Higher Risk Settings and Circumstances Events

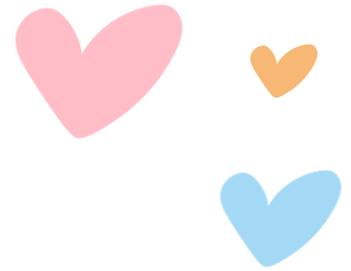
Public Health Scotland, as part of Suicide Prevention Scotland, are hosting a series of events in March to share the work underway focusing on Higher Risk Settings & Circumstances (which considers the needs of people who may be at higher risk of suicide because they are living and/or working in higher risk circumstances or settings, or belong to a population group that places them at higher risk).

You will have the opportunity to hear from, and connect with, people working in these settings and discuss the challenges they face and what actions they have been taking/could take to prevent suicide. The events will bring people together to share ideas as we further develop this work.

If you are working in a sector where you engage with those at higher risk of suicide, or your area of work may have a higher risk of suicide, we would welcome you to come along.

- Thursday 12th March, 10:00 – 12:30 – COSLA, Edinburgh:
<https://www.eventbrite.co.uk/e/suicide-prevention-scotland-higher-risk-settings-circumstances-tickets-1982272854469?aff=oddtcreator>
- Wednesday 18th March 2026, 10:00 – 12:30 The Renfield Centre, Glasgow:
<https://www.eventbrite.co.uk/e/suicide-prevention-scotland-higher-risk-settings-circumstances-tickets-1982273477332?aff=oddtcreator>
- Tuesday 24th March 2026, 10:00 – 12:30 – Aberdeen Arts Centre, Aberdeen:
<https://www.eventbrite.co.uk/e/suicide-prevention-scotland-higher-risk-settings-circumstances-tickets-1982273561584?aff=oddtcreator>
- Tuesday 31st March 13:30-16:00 – Online: [Sign up here](#)





Suicide Prevention Scotland National Network Events

The Suicide Prevention Scotland National Network is the overarching mechanism by which organisations and individuals involved in suicide prevention related activity are brought together in Scotland. The network will be hosting three in person events in March which will be a chance to get to know network members, share the work you are doing and the challenges you are facing and consider the future direction of the network. These are taking place on the same day and location as the higher risk settings and circumstances events, but registration for each is separate.

You can sign up using the following links:

- Thursday 12th March, 13:30 – 16:30 – COSLA, Edinburgh: [**SIGN UP HERE**](#)
- Wednesday 18th March 2026, 13:00 – 16:00 The Renfield Centre, Glasgow: [**SIGN UP HERE**](#)
- Tuesday 24th March 2026, 13:00 – 16:00 – Aberdeen Arts Centre, Aberdeen: [**SIGN UP HERE**](#)

For those that can't travel we are planning an additional online session in April. Contact [**p^hs.suicidepreventionteam@p^hs.scot**](mailto:p^hs.suicidepreventionteam@p^hs.scot) if you would like to register your interest for an online session.





Creating Hope with Peer Support - new workshop dates

Our Creating Hope with Peer Support workshops are continuing in 2026 with two coming up soon in March:

- **Tuesday 17 March, Stirling**
- **Thursday 26 March, Arbroath**

These workshops are an opportunity to build confidence and skills to provide peer support to people affected by suicide, while making meaningful connections.

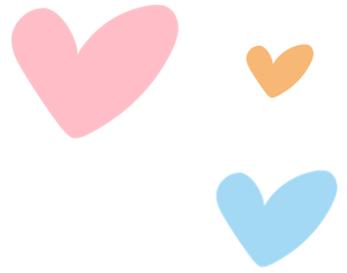
These workshops are for peer supporters / workers in groups or services who want to build their confidence supporting people affected by suicide, and for people with lived experience interested in developing peer support skills

What can you expect on the day?

- Discussions and activities designed to develop ideas, share experiences and strengthen existing knowledge
- Explore with fellow participants how peer support can be meaningful and effective in suicide prevention
- An introduction to the Creating Hope with Peer Support Pathway
- An increased understanding of the practice of peer support through shared language and intentionally sharing experiences
- Time dedicated to developing self-care and support strategies
- A space to reflect on the value in what you are doing as a Peer Supporter

If you are interested in a Creating Hope with Peer Support workshop for your team/service, we are happy to tailor and co-facilitate a session that works best for your needs. Please contact catriona.mcdougall@scottishrecovery.net to discuss this opportunity further.





United to Prevent Suicide – Big Meet Up

United to Prevent Suicide – Big Meet Up registration is open (until March 1st)

United to Prevent Suicide are hosting our first national get together, the Big Meet Up. Taking place at Dynamic Earth in Edinburgh on Saturday, March 21st, with a shorter online event running in parallel.

As you know, United to Prevent Suicide is Scotland's social movement to prevent deaths by suicide, and recently we have been working on making sure we are led by our members. The Big Meet Up is part of this process in two ways: Firstly, it's an opportunity for our members to build relationships with other people across the country, and secondly, we'll be collectively drafting a "declaration" of who we are and what we do.

We'd be very grateful if you could promote the event through your lived experience networks or suggest it to anyone in your local area you think might be interested. We are asking everyone who works in areas related to suicide prevention to come in a personal capacity so Local Leads are very welcome too.

You can find out more about the Big Meet Up in the attached FAQs, or you can register to join us in person or online via the [Eventbrite](#). If you have any questions, please get in touch with me via

maddy.kirkman@unitedtopreventsuicide.org.uk



Cruse Scotland Working with Grief & Suicidal Ideation

Bereavement charity, Cruse Scotland, is providing online and in-person training which explores the unique challenges of working with grieving clients who express suicidal ideation. While grief involves emotional pain related to loss, suicidal ideation involves thoughts of ending one's own life - but in grieving clients, the two often overlap.

The session will discuss strategies and tools to identify risk while supporting these clients in a compassionate and safe therapeutic environment. It will also explore the impact of your own experience around suicide and the emotional intensity of working with grieving and suicidal clients.

Find out more about the training offer, including pricing structure here: www.crusescotland.org.uk/training/bereavement-training-for-workplaces/working-with-grief-suicidal-ideation

Understanding & Supporting Adults with ADHD: Practical, Neuro-Affirming Strategies for Everyday Practice

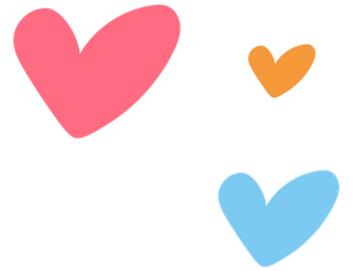
Friday 20th March 2026 (10:00-12:00) – Online webinar

Dr Floriana Reinikis, is a neurodivergent Consultant Clinical Psychologist with extensive experience supporting people across the neurodevelopmental spectrum. Her approach is deeply neuro-affirming, lived-experience-informed and strengths-based, recognising ADHD and other neurodivergences as valid expressions of human diversity. She specialises in adult assessment, support strategies, and helping multidisciplinary teams build confidence in creating inclusive, enabling environments.

Understanding and Supporting Adults with ADHD Webinar - 20th March 2026 (10am-12pm)



Reading Corner



New Insight Report sets out the case for peer support as a core component of a recovery focused, people-led mental health system

Peer Support in Scotland: [Insight Report 1](#), the first in a four-part series, draws on evidence, lived experience and national and international data to show why peer support matters, where we are now, and what action is needed to ensure peer support is not an optional add-on, but central to delivering Scotland's vision for mental health recovery and wellbeing.

What works well and why for working age men

We have now come to the end of our one-year WIGWAM-S project which aimed to understand *what works well and why* for working age men. Specifically, the project sought to find out what activities men aged between 16-65 would find attractive in their community, and what might support their wellbeing- [WIGWAM-S | Glasgow Caledonian University | Scotland, UK](#).



Key documents and information

Key documents around suicide prevention

Local Area Suicide Prevention Planning & Implementation Toolkit



Document 1: Introduction



Document 2: Action Plan Development



Document 3: Outcomes, Monitoring & Evaluation



Document 4: Governance & Collaboration



Document 5: Data & Information



Document 6: Involving People with Lived & Living Experience



Document 7: Youth Participation Practice



Document 8: Postvention & Incident Response



Document 9: Induction Pack

You can also listen to our accompanying podcasts on topics covering data, suicide bereavement, involving people with living and lived experience and work around children and young people.

Creating Hope Together - strategy.

Updated!

Creating Hope Together - action plan

Creating Hope Together - EQIA

Creating Hope Together - strategy (easy read).

Outcomes Framework

Knowledge and Skills Framework for Mental Health Improvement and Suicide Prevention

Locations of Concern guidance Updated!

Cluster guidance Updated!

Public Memorial guidance Updated!

Time Space Compassion - supporting people experiencing suicidal crisis: introductory guide

